




GOLD Wolf



Challenge

Completed

Awareness	<u>Healthy Body:</u>	Show a sportsmanlike attitude in all Pack games and activities and know why this is important.	
		Explain the dangers of sunburn & heat exhaustion & how to prevent them.	
		Be able to hop around a figure of eight, each loop with a diameter of about 4 metres, changing feet at the start of the second loop.	
		Climb a rope to a height of three metres.	
		<i>Any four</i> Do TWO of the following : headstand, handstand, cartwheel, star jumps, leap-frog over a Cub your own size.	
		Run Scout's pace over a 1 km course in eight minutes.	
		Swim 25 metres and then tread water for 60 seconds if in fresh water or 120 seconds if in sea water.	
	<u>Healthy Living:</u>	Understand the importance of always drinking clean drinking water. Demonstrate how to make water safe for drinking, if no clean water is available.	
		Find out about two infectious diseases and discuss with your Pack Scouter/Pack how to prevent them from spreading.	
		Understand what effect smoking, alcohol & drug abuse may have on your body.	
	<u>Healthy Mind:</u>	Learn to play a board game.	
		Play sense training games using all 5 senses & achieve a 70% score.	
		Write and decipher a complex code.	
	<u>Living with Nature:</u>	Build a simple bird-feeder and observe the birds that visit it for at least two weeks OR hold the Birds badge OR Describe the uses of trees. Take care of a tree for one month.	
		Find about 2 endangered species in SA and tell the Pack about them.	
	<u>Growing things:</u>	Make and use compost from unwanted vegetation.	
		Make or lay out a vegetable bed or herb garden OR prepare a seed bed/container and plant flower seeds.	
	<u>Conser vation:</u>	Identify everyday activities in your home which waste/consume energy.	
		Heat water using solar energy OR use solar energy to cook something.	
	<u>Our Precious Planet:</u>	Make your own diorama to show different types of habitats or environments, e.g. forests, grasslands, deserts or oceans.	
		Acid rain is a worldwide problem affecting our planet. Find out about acid rain and demonstrate how it affects our planet.	
		Find out how plants help fight air pollution & run an experiment to show this.	
	<u>Interest Badge:</u>		
	<u>COMPLETED</u>		




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Community	<u>Service:</u>	Do simple repairs at home <u>or</u> at your Pack meeting place <u>OR</u> hold the Repairs badge.			
		Take care of a new Cub on their first activity.			
		Make a gift and donate it to a worthy cause.			
		Find out about an organisation that helps those in need in your community and do something to support it.			
		Pick a new task to help out with at home/pack meeting place/school every month for three months.			
	<u>Enter-taining:</u>	Lead a campfire song with others at a campfire.			
		Make and play a simple musical instrument.			
		Write a song or poem and sing it or read it to the Pack.			
	<u>Comm-unication:</u>	ANY 2	Take part in a Group, District or Provincial activity.		
			Make contact with Cubs from another Province or Country.		
			List different cultural groups, other than your own, living in your community. Choose one and share something interesting about your chosen culture with your Six/Pack.		
	<u>Interest Badge:</u>				
	<u>COMPLETED</u>				



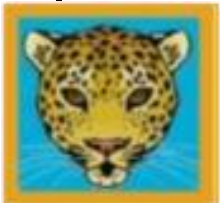


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Outdoor	Campcraft:	Learn about fire and gas/paraffin safety and the correct way to light a fire in the open bush.	
		Explain what to do in the case of a fire emergency.	
		Lay and light a fire outdoors.	
		Use a conservation stove and cook a simple meal for yourself.	
	Camping:	Camp out for two nights with Cubs either under canvas <u>or</u> permanent accommodation (does not have to be two nights in a row).	
		Help pitch a tent & know how to take care of it <u>OR</u> build a simple shelter.	
		Spend at least 1 night in the tent/shelter you have helped pitch or build.	
	Hiking:	Explain what to do if you get lost in the veld.	
		Discuss the natural dangers you may find in the veld.	
		Demonstrate three ways of making distress signals.	
		Go on a day hike with your Pack and know what to wear and take with you.	
	Compass and mapping:	Show how to use and care for a compass.	
		Use a compass and one other method to find North in an outdoor environment.	
		Using a compass follow a compass trail of six to ten moves.	
		Show how to use a street map.	
		On a street map explain and recognise six to ten map symbols.	
	Trails:	Lay a woodcraft trail where 20 signs are used for others to follow.	
	Knotting:	Make and Use a Sheet bend	
		Make and Use a Fisherman's Knot	
		Make and Use a Bowline	
		Make and Use a Sheepshank	
		Know how to hank a long rope	
		Help another Cub with a knot he/she may have difficulty with.	
	Flags and Countries:	Know the parts of the flag.	
		Prepare, hoist, break and lower the flag correctly.	
		Using a sheet bend join the flag to the halyard.	
	Jungle Book:	Make a jungle character mask and use it in a jungle play/dance.	
		<u>Interest Badge:</u>	
		<u>COMPLETED</u>	




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Aptitude	Water Safety:	Tell others about water safety by making up an activity or game.	
		Show you can use at least one rescue method to help someone who has fallen into water.	
	Home Safety:	Tell others about home safety by making up an activity or game.	
		Make a home fire safety plan for your family.	
		Find out how to treat the effect of poisons that can be found at home.	
	Road Safety:	Identify at least ten traffic signs correctly.	
		Demonstrate safety on the road as a cyclist OR safety as a passenger in a vehicle.	
	Personal Safety:	<i>Know and understand the following terms:</i> Cyberbullying, Surfing the net, Identity theft, Social network.	
		Discuss the importance of never giving out personal information to someone you have never met.	
		Discuss the implications of posting/texting negative content.	
	First Aid:	Know how to behave in an emergency situation.	
		Know and explain how to activate the Emergency Medical Services in your neighbourhood.	
		Show how to treat burns, scalds, insect bites and stings and how to remove a splinter.	
		Show how to stop bleeding by using direct pressure.	
	Time:	Know how the 24 hr clock works. Using this system, give correctly the times of the main events of your day OR show an adult that you know what time to carry out important actions during the day.	
	<u>Interest Badge:</u>		
	<u>COMPLETED</u>		

P&L	Faith:	Help organise and take part in a Cub's Own Service OR say a prayer of your own.	
	Promise and Law:	Show that you are keeping your Promise & Law and setting a good example to younger Cubs in the Pack.	
<u>COMPLETED</u>			



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